



Photo by Weam M. Ahmed

U.S. Navy medical personnel assess the condition of a simulated casualty during Exercise Reliant Defense 2013. Reliant Defense is an exercise designed to enhance the training and readiness of Navy security forces to respond to threats to installations and units.

Training Gets Real: NSA Bahrain Completes Reliant Defense 2013

By MC1 (SW/AW) David R. Krigbaum
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Naval Support Activity (NSA) Bahrain wrapped up Exercise Reliant Defense 2013, March 28. Commander, Navy Region Europe, Africa and Southwest Asia (CNREURAFSWA) led the region-wide exercise, which was designed to enhance the training and readiness of Naval security forces.

During the course of the three-day event NSA Bahrain faced a number of simulated threat scenarios. On base Naval Security Force (NSF) Bahrain responded to demonstrators at the gate. Harbor patrol fended off a small boat attack and an Explosive Ordnance Disposal (EOD) unit defused a bomb at the aviation unit. The centerpiece of the exercise was handling a chemical weapon-armed suicide bomber with hostages. It required a team effort by NSF, Naval Branch Health Clinic's emergency responders, EOD as well as Naval Criminal Investigative Service coordinated through the command's Emergency Operations Center. The Fleet and Family Support Center and command chaplain were available afterwards to provide support to "attack survivors." For increased realism EOD wore Mission-Oriented Protected Posture gear, casualties bore faux wounds to be tended and the base went to Force Protection Condition Delta.

"This was one of the most realistic exercises we've had- we had minimal simulations," said Lt. Cmdr. Shawn Bowman, NSA Bahrain training officer. "It's as real as it can get."

Three months of planning went into Reliant Defense.



Photo by MC1 (SW/AW) David R. Krigbaum

Naval Support Activity Bahrain's Harbor Patrol Unit conduct a simulated small boat attack during Exercise Reliant Defense 2013.

According to Bowman it was a challenge to get all the exercise participants together but it was worth it to create the most realistic training scenarios they could. Through exercises like Reliant Defense the Navy optimizes its security measures and increases its ability to respond to threats and deter real-world attacks.

"I am impressed with the all around effort put out by our Naval Security Force, first responders and the EOD Unit," said Capt. Colin Walsh, NSA Bahrain commanding officer. "They met each objective with professional skill and decisive action."

Regionally, other exercise participants included CNREURAFSWA; NSA Naples, Italy; Naval Air Station Sigonella, Italy; NSA Souda Bay, Greece; Naval Station Rota, Spain; and Camp Lemonnier, Djibouti. Reliant Defense is conducted annually to maintain a high level of readiness for our naval installations and is not a response to any specific threats.

CMF Ships in Huge High-Seas Heroin Haul



Photo by Corporal Malcolm Byers, HMCS TORONTO

HMCS TORONTO stands guard over a Dhow during boarding operations in the Arabian Sea, March 4. TORONTO is currently deployed on OP Artemis, Canada's contribution to CTF150, combating terrorism in the Arabian Sea and Indian Ocean. TORONTO's task is to detect, deter and protect against terrorist activity by patrolling and conducting maritime security operations in her area of responsibility. Her presence in the Arabian Sea also gives Canada the flexibility and capability to respond quickly to emerging crises in the region. CTF150 is one of three task forces commanded by CMF involving 27 nations in the naval partnership.

By Combined Maritime Forces Public Affairs

ARABIAN SEA — The multinational Combined Maritime Forces (CMF) successfully disrupted a massive heroin shipment on Friday (March 29th) as part of a highly-focused counter-terrorism operation.

Canadian warship HMCS Toronto made the seizure after boarding a suspect dhow on the high seas in the Indian Ocean off Zanzibar Island, Tanzania. When the crew searched the vessel, they found almost 500kg of heroin stowed in hidden compartments.

HMCS Toronto is currently under the command of the Australian-led Combined Task Force 150 (CTF150) — one of the CMF's three maritime task forces — who coordinated the operation. CTF 150's Commander, Commodore Charles McHardie of the Royal Australian Navy, said that this seizure is proof that coordinated efforts can have a significant impact on narcotics smuggling, thereby denying a source of funding to terrorist organisations.

"I have been advised that the heroin involved has a street value of in excess of AUD\$100 million [or USD \$104 million]," Commodore McHardie said.

"Seizing such a huge haul is significant on many levels," Commander David Patchell, Commanding Officer of HMCS Toronto said.

"This seizure will have a sweeping impact on terrorist organizations at all levels and demonstrates Canada's commitment both to our allies and to ensuring the seas are used for legitimate purposes."

Commander Patchell and his crew have been commended by the Canadian Minister for National Defence, Peter MacKay, for their efforts in making the streets of Canada safer.

The Deputy Special Agent in Charge of the United States Naval Criminal Investigative Service (NCIS)

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THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain

Bahrain School Goes Global!

Story and photos by MC1 (SW/AW) David R. Krigbaum
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — It may have taken Phileas Fogg 80 days to get around the world but on March 22, students at the Bahrain School and their families did it in just a few hours at the school's International Day. The special event was made to give attendees a chance to share cultures, learn about the world and bring the school community closer together.

Fifty-seven countries were represented in booths that took the auditorium, gym and school entrance. Each booth was a unique reflection of the country it represented, oft with traditional items and food to go with an informative display. Attendees got to try their hand at making crafts like Japanese origami or the Malaysian marble game of congkak. To further encourage people to "see the world" and interact at the booths they were given passports. The passports would be stamped at a nation's booth after correctly answering a question about the country. The stamped passports were then used for a raffle.

"I'm happy I've been given this opportunity. I've been able to tell people about Singapore," said Max Young, a Bahrain School student who ran the Singapore booth.

Young lived in Singapore for over eight years and considers it home. He wasn't alone in expressing his sentiment as other booth volunteers said they were proud to share their home country with others.

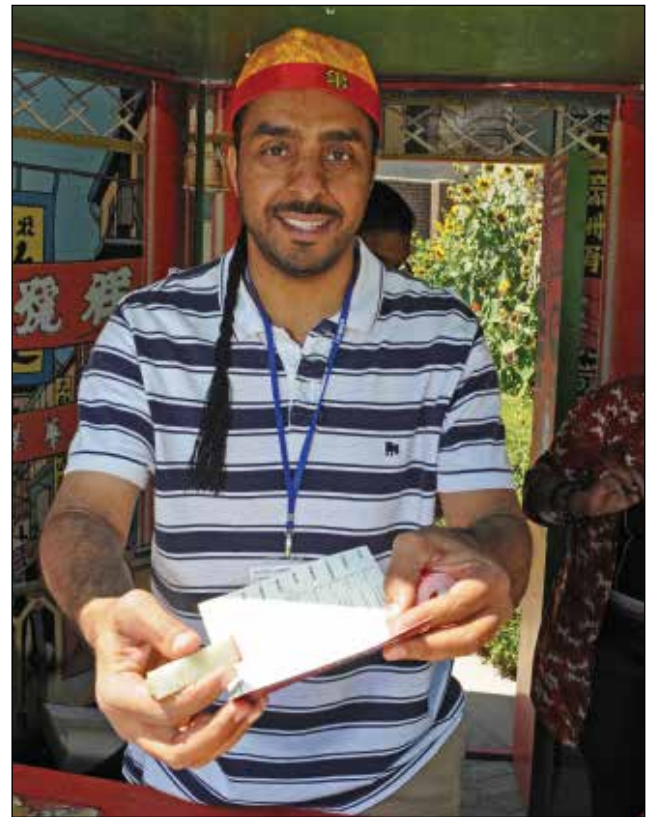
"It's more fun in the Philippines!" Said Fe Ancheta, a Philippines booth volunteer. "I want to show our culture and traditions."

Many booths had free or cheap samples of indigenous foods, which for some was the main draw of International Day as it provided a unique opportunity to eat their way around the world.

Elize Knuppel, a South Africa booth volunteer and native of that country, said her malva pudding, a dessert similar to bread pudding, kept people coming back for more.

"People are loving it," she said. "Tasting how good it is down there."

While trying her malva pudding, the Palestinian Nablusi cheese or Filipino lumpia attendees got to watch traditional dances from Sudan, Indian, Polynesia and China. A troop of Capoeira martial artists demonstrated Brazil's unique dance-like martial art and a Bahraini bagpiper played the qurva, the traditional Middle Eastern bagpipe. Outside of the school falconers showed off their birds and camel and pony rides were available.



Othman Shara a China booth volunteer, hands back a passport after applying his 'chop' to it.



A dancer performs the Chinese flying fairy dance routine, March 22.



The children of the Bahrain School choir sings songs from around the world for International Day attendees.



Indian dancers perform a traditional dance routine. They were one of several groups that performed the traditional dances or songs of Sudan, Polynesia, Bahrain, China, Palestine and various other nations.



A Bahraini bagpiper and drummers perform around the International Day venue.



439-4520

www.cnmc.navy.mil/bahrain

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Naval Support Activity Bahrain

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Chaplain's Corner

In The Face Of Adversity



By Cmdr. Brent Johnson
NSA Bahrain Command Chaplain

When you hear the word catastrophe you think the worst that can happen, and that nothing good can come out of one. Two come to mind immediately when I hear that word; the Titanic and the Space Shuttle Columbia. Both of those vessels were the finest of their type, and both ended in disaster. Even today people are drawn to the sites that commemorate their disasters in the Atlantic Ocean.

Even though we wish those accidents never happened some good results came from them. The Titanic led to new rules on passenger safety, regulations requiring enough life boats on liners, and North

Atlantic Coast Guards developed Ice Berg tracking systems to warn Atlantic shipping of big Ice Bergs in the North Atlantic. The Columbia disaster resulted in new business practices at NASA when they accepted parts from contractors improving the reliability of spacecraft and saving astronauts lives on missions.

J.R.R. Tolkien, the Oxford professor and writer of the Hobbit coined a word when he wrote his masterpiece The Lord of the Rings. He created the word eucatastrophe. It means an unexpected deliverance when all other means of survival fail. Think of the unexpected charge of the Rohirrim in his third volume The Return of the King during a key battle. If they hadn't arrived in time the capital city would have fallen to the enemy and all would've been lost.

For people of faith eucatastrophe describes God's unexpected actions in our lives. For the First Christians it was Jesus' resurrection that was unexpected after his catastrophic execution. Reflecting on the resurrection Paul was able to say in his First Letter to the Corinthians, "But by the grace of God I am what I am, and his grace towards me has not been in vain." I ask you, dear reader, if you have been facing a catastrophe, are you prepared for a eucatastrophe? Contact the Base Chaplains office at 439-4303 if you wish to talk with one your Chaplains.

Are You Getting Enough Sleep?

By Cmdr. Christine Ward
Health Promotions and Wellness Department
Coordinator

"Early to bed and early to rise makes a man healthy, wealthy and wise."

- Benjamin Franklin

Just how many of us actually give sleep the priority it requires? Today's modern world provides a plethora of distractions which rob us of restful sleep, whether its staying up late to Skype with family, playing video games late at night, enjoying a night on the town, or stressing about your busy work day in the morning, it's difficult to track all the distractions from sleep that accumulate.

A poll from the National Sleep Foundation concludes that 7 out of 10 Americans claim to experience frequent sleep problems, if you think you may be one of them, consider attending the new sleep hygiene and relaxation skills group the 1st and 3rd Tuesday of the month from 14-1530 at NBHC Bahrain in the Conference room on the second deck of the clinic.



U.S. Navy photo

The Sleep hygiene and relaxation education is designed to guide you through non-drug approaches that may include addressing patients' concerns about their sleep surroundings, correcting misconceptions about sleep, controlling stimulating factors that hinder sleep, and identifying positive behaviors aiding sleep, such as: improving your diet, sleep environment and bedtime routines, and other healthy living tips that contribute to healthy sleep.

From the Desk of the Command Master Chief



By CMDCM Ed Lambert
NSA Bahrain Command Master Chief

Shipmates,

April 1st marks the 120 years of Navy Chief Petty Officers. Master Chief Petty officer of the Navy Michael D. Stevens put out this message for the Chief birthday:

Fellow Chief Petty Officers,

On April 1st, the U.S. Navy Chief's mess will celebrate 120 years of the United States Chief Petty Officer. We are not only celebrating another year of chiefs serving the Navy; we are celebrating everything it means to be the Chief.

Our anchors are the symbol of a culture and a way of life. Since 1893, chiefs have been charged with the responsibility of leading sailors to be the best in the world, ready to carry out our navy's mission when the nation calls.

We welcome that responsibility and lead with honor, courage, and commitment. As chiefs, it's important to remember that we must be "all in," "all the time" because being a chief petty officer is not for the weak of heart or lazy of mind and body.

Happy birthday shipmates! I truly appreciate your leadership and the hard work you do every day.

Very Respectfully,
MCPON (AW/NAC) Mike D. Stevens

IG HOTLINES

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**9 Apr 13: 1300-1430
11 Apr 13: 0800-0930**

**Location: FFSC
Building 267**

(upstairs from the Child Care Center)

**30 minutes individual appointments are available
For appointments or additional information
call FFSC @ DSN: 439-4046, COMM: 1785 4046**

<https://cnrc.navy.mil/Bahrain/FleetandFamily> Find us on Facebook

Motorcycle Riding with Safety in Mind

By Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — As a reminder that safety always comes first, Naval Support Activity (NSA) Bahrain held a Motorcycle Safety seminar on base, March 21.

The Coalition of Service Members Against Destructive Decisions (CSADD) organized the event in collaboration with the NSA Bahrain Safety Office and Motorcycle Association.

The seminar offered information about the safety procedures of riding a motorcycle in Bahrain and in the U.S. as well as the proper protective gear to be worn when riding one.

"We are having a motorcycle safety fair to provide awareness about motorcycle safety whether you have a bike here in Bahrain or you ride back in the States," said Master Gunnery Sgt. John Freitag, assigned to Marine Forces Central Command (MARCENT) and president of the MARCENT Knights of Dilmun Motorcycle Safety Club.

According to Freitag, it's important for a rider who has a motorcycle back in the U.S. to get refresher training before getting back on the road, and to understand the rules and regulations of the road again, by getting some instruction and reminders on how to ride.

"We want to let everybody know that there are motorcycle courses available here in Bahrain for people to take, and if they don't have a bike, we do have bikes available here that they can use free of charge if they sign up for the course," said Freitag.

In addition, the seminar included an obstacle exercise where a person rides a tricycle wearing 'drunk driving goggles' to simulate alcohol-impaired vision in order to demonstrate the dangerous impacts of drunk driving.

"We have an obstacle course to show how difficult it is to maneuver or see any obstacles if you are driving impaired by alcohol or any other substance," said CSADD President Yeoman 2nd Class Erika Moore.

For more information about Motorcycle Safety please contact the Safety Office at 439-8226.



Photo by Weam M. Ahmed

Coalition of Service Members Against Destructive Decisions (CSADD) President Yeoman 2nd Class Erika Moore rides a tricycle wearing goggles to demonstrate the dangerous impacts of drunk driving at the Motorcycle Safety seminar at Naval Support Activity Bahrain.

Check Out Seminar Eases Transition

By Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Fleet and Family Support Center (FFSC) held a Smooth Move/Check Out seminar to prepare relocating service members and their families at Naval Support Activity (NSA) Bahrain, March 19.

The seminar discussed various relocating-related topics in a series of short presentations and briefs given by representatives from different departments on base.

"Moving can be one of life's most stressful activities; so this seminar helps you have a smoother transition," said FFSC Intercultural Relations Specialist Sara Albob.

The seminar integrated topics like auto and personal property shipment, housing check out, customs requirements, transportation, relocation financial information,

flight information, TRICARE, and reverse cultural shock.

"We provide you with the necessary tools; we give you information about what you need to know before you transfer to another duty station," said Albob.

In addition to the presentations, handouts containing guidelines on check out procedures and other handy information were given to the attendees.

"This seminar is important to help people who don't know anything [about the transition process] get the information they need before checking out," said Logistics Specialist 3rd Class Stacy Miller.

FFSC offers a smooth move seminar every other month.

"I recommend that all personnel attend a smooth move seminar prior to transferring," said Albob.

For more information on FFSC upcoming events please call 439-4046.



Photo by Weam M. Ahmed

Tracy Stohler, a TRICARE beneficiary service representative, gives a presentation on TRICARE during the Smooth Move/Check out Seminar organized by the Fleet and Family Support Center at Naval Support Activity Bahrain.

LEGAL CORNER

LT Candace Holmes, JAGC, USN

Legal Assistance Attorney

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Navy Launches New Campaign to Promote Responsible Drinking

From Navy Personnel Command Public Affairs

NAVAL SUPPORT ACTIVITY, Bahrain

— The Navy is launching a new campaign April 1 in honor of National Alcohol

Awareness Month called “Keep What You’ve Earned,” designed to encourage responsible drinking among Sailors by focusing on the accomplishments in their Navy careers.



Photo by MC1 Julie Matyascik

Charlie Ross, Substance Abuse Rehabilitation Program (SAPR) counselor, and Jennifer Dolehite, U.S. Fleet Forces Alcohol and Drug Control Officer (ADCO), demonstrate how to use the Alcohol Detection Device (ADD) during a Drug and Alcohol Program Advisor (DAPA)/Urinalysis Program Coordinator (UPC) forum at Naval Station Norfolk. Type Commander and Mid-Atlantic region ADCOs hosted the quarterly forum to ensure command DAPAs and UPCs understand their roles and responsibilities and are up to date on current instructions and policies.

CMF SHIPS from Page 1

Transnational Crime Unit’s Middle East Field Office, Brian Curley, working with CTF150 on the operation, said “Law enforcement agencies can confirm that this is one of the largest maritime seizures of heroin in history.

“Through our collaborative work we know that the global and regional terrorist organisations who threaten all of our security finance their activities with proceeds from narcotics trafficking.

“This most recent seizure will significantly disrupt terrorist networks in the region and greatly assist in coordinated efforts to continue to map the way these organizations resource themselves.”

The naval boarding party from HMCS Toronto boarded the vessel in accordance with international law and subsequently found the drugs hidden in 500 bags which had been hidden throughout the ship.

Operation Southern Sweep has focused on disrupting the movement of significant amounts of heroin from Afghanistan into East Africa by sea.

HMCS Toronto and Australian frigate HMAS Toowoomba have been operating in support of Southern Sweep off the coast of Tanzania for over a week tracking and boarding suspect drug smugglers.

“HMCS Toronto was positioned by CTF150 based on narcotics-related intelligence and historical patterns of smugglers in the area. Toronto’s tactical exploitation of this information has paid off,” Commodore McHardie said.

“We are fortunate that HMCS Toronto has also had the assistance of an embarked Seychelles Coast Guard officer and a special agent from NCIS at this crucial time in our operations.

“The ability to exploit detailed local knowledge of the area and expertise in maritime smuggling operations available to our ships at sea is invaluable.”

CTF 150, a combined Australian and Canadian staff, is one of three task forces commanded by the Combined Maritime Forces (CMF), a 27-nation partnership that promotes security, stability and prosperity across the Arabian Gulf, the Gulf of Oman, the Red Sea and the Indian Ocean. The area encompasses some of the world’s most important shipping lanes.

The Deputy Commander of the Combined Maritime Forces, Commodore Simon Ancona, Royal Navy, said: “This significant achievement highlights the effectiveness of our multinational force.

“A Canadian warship, under an Australian-led task force, drawing on US and Seychellois expertise, has disrupted a massive heroin shipment off the coast of Tanzania. This ability to operate together to the benefit of the global community is exactly what the 27-nation Combined Maritime Forces is all about.”

This significant seizure comes just two weeks after the HMS Northumberland’s disruption of cannabis smuggling activities off the coast of Oman during CTF150 operations.

On Friday 15 March 2013 the British warship boarded two vessels that were carrying an estimated USD\$8.2 million of cannabis resin.

A helicopter from the HMS Northumberland observed the crew jettisoning their cargo as Northumberland approached.

Northumberland intercepted and searched the suspect vessels on the high seas. The cargo that was recovered from the

“Being an advocate for responsible drinking is not only a leadership responsibility - it is a responsibility of every Sailor in the fleet,” said Chief of Naval Personnel and Total Force Fleet Master Chief Petty Officer April Beldo. “Together we have reduced the number of alcohol related incidents and DUIs by almost half over the last five years. By drinking responsibly, you can continue to help bring these numbers down and make a difference in fleet readiness.”

According to Dorice Favorite, director of the Navy Alcohol and Drug Abuse Prevention (NADAP) program, Sailors drink primarily because of stress related to the workplace, their families and life changes.

“From boot camp to advancement exams, job training and deployments, the “Keep What You’ve Earned” campaign recognizes these challenges and encourages Sailors to drink responsibly to maintain their successful careers,” said Favorite.

To address alcohol use from all angles, the new campaign actively engages alcohol abuse personnel, Navy leaders, local communities and Sailors as advocates for responsible drinking.

“Our Sailors are excited about this campaign’s launch because they were a part of its development,” said Cmdr. Jay Clark, commanding officer of the guided-missile destroyer USS Roosevelt (DDG 80).

Sailors from Roosevelt participated in a photo shoot to be used in posters and other print materials, then in an informal review of the products to see if they resonated with the core audience of young Sailors.

“We talk about responsible alcohol use constantly aboard Roosevelt, but it was nice to have the Navy include our Sailors in the development of something that affects them and their careers,” said Clark.

“The safety and well-being of our Sailors is our top priority,” said Beldo. “Sailors endure many challenges during their first few years of enlistment and this should be recognized. It should not be treated as an excuse to drink.

We all work together to create and maintain a responsible drinking environment, remind Sailors of their accomplishments and encourage positive decisions regarding alcohol.”

During April, NADAP encourages all units to discuss the importance of drinking responsibly. To facilitate these discussions, the “Keep What You’ve Earned” campaign offers leadership talking points, posters, fact sheets and social media messages, all of which are available on the NADAP website, <http://www.nadap.navy.mil>.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

sea and seized from the vessel was destroyed.

The smuggling of narcotics in the region is a recognised funding source for terrorist organisations. By interrupting the activities of drugs smugglers, CTF150 is able to deny financial resources to extremist groups.

Commodore McHardie is the fourth Royal Australian Navy Officer to command CTF150. He said that this seizure represented another step toward ensuring a secure maritime environment for legitimate

mariners in the region and Toronto could be proud of her achievement: “The destruction of this cargo strikes at the financial heart of global terrorist organizations.”

Combined Maritime Forces (CMF) is a multi-national naval partnership of 27 nations, which exists to promote security, stability and prosperity across approximately 2.5 million square miles of international waters, which encompass some of the world’s most important shipping lanes.

Capt. Walsh Signs SAAM Pledge




Photo by MC1 (SW/AW) David R. Krigbaum

Capt. Colin S. Walsh, Naval Support Activity (NSA) Bahrain commanding officer, holds the Sexual Assault Awareness Month proclamation. The proclamation designated April as Sexual Assault Awareness Month on board NSA Bahrain.



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04 & 09 FIT FAMILIES FITNESS CLASSES 4 April: FEMININE CHALLENGER WITH SUZIE 8:00-10:00 • Must be 18 yrs and above to join For more info, call: 439-3334 1785-3324 9 April: ZUMBA WITH SHIRAZ 8:00-10:00 • Must be 18 yrs and above to join For more info, call: 439-3334 1785-3324	FAMILY KAJAK TRIP Parents & Children invited to Kajak Cost: \$25
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Monday, April 8

- Time: 1000 – 1600
- Min 5 people; ITT Price: 1.2M above \$24 & 1.2M below \$14

ITT

Swim With The Dolphins

Friday, April 5

- Time: 1000 – 1300
- Min 8 people; ITT Price: \$49.00

Al Dar Island Day Trip

Saturday, April 6

- Time: 0930 – 1400
- Min 10 people; ITT Price: \$17

Family Day At Al Dar Island

Thursday, April 11

- Time: 1000 – 1500
- Min 5 people; ITT Price: Adult \$12 Child \$6

Al Dar Island Day Trip

Friday, April 12

- Time: 0930 – 1400
- Min 10 people; ITT Price: \$17

Site Seeing Tour

Sunday, April 7

- Time: 1000 – 1500
- Min 5 people; Cost: \$5.00

HORSE BACK RIDING

Saturday, April 13

- Time: 0900 – 1300
- Min 8 people; ITT Price: \$26.00

For more information, call x-3531
All dates and times are subject to change

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil
If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



Friday, April 5

Video Game Tournament

- Time: 1600

Thursday, April 11

Texas Hold'em Tournament

- Time: 1800

Sunday, April 7

Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

Saturday, April 13

SNAG

- Time: 1200

Monday, April 8

Speed Pool

- Time: 1130; Free Pizza for players

Sunday, April 14

Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

Last Buck Party

- Time: 1100

Wednesday, April 10

Dart Tournament

- Time: 1100

Monday, April 15

Speed Pool

- Time: 1130; Free Pizza for players

For more information, call the Liberty Center at 439-3192



@NSA Bahrain